			Reading Comprehension	DIFFICULTY : EASY
		QUESTIONS		
1. What is this ove	rall text about? (Su	nmarise in 2 sente	ences)	
2. What is the mai	n idea of the third p	aragraph?		
3. According to th	e text, what is the b	est way to unders	tand parkour?	

4.	Which	statement	is	true?	Tick	which	is	true
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Parkour started about 10,000 years ago when people needed to run and jump to hunt for their food.

Parkour started because people needed to become better hunters.

Parkour and Kung-Fu are the same thing, because they both involve moving the body.

Parkour is similar to other human activities such as Kung-Fu.

5. What happened in the 1980s and 1990s?

6. Who was Sebastien Foucan?

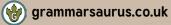
7. One benefit of doing parkour is that you feel better about yourself. Circle the correct answer.

True

False

Not given in the text

Reading Comprehension DIFFICULTY : EASY 8. This is a central idea of parkour: overcoming obstacles, whether they are mental or physical. The word they refers to: (circle the correct answer) Obstacles humans tens 9. Its popularity rose in the early 2000s The word 'its' refers to: (circle the correct answer) Popularity this parkour subject 10. Which word in the text means 'a group of people interested in the same things'? physical Involves similarities community



ANSWERS

1. What is this overall text about? (Summarise in 2 sentences)

The text is about the discipline of parkour, how it began and the benefits of it. It also discusses some of the basic moves of parkour.

2. What is the main idea of the third paragraph?

The main idea in the third paragraph is to show a variety of the benefits of taking part in parkour.

3. According to the text, what is the best way to understand parkour?

Watch someone doing it live or watching a video of it

4. Which statement is true? Tick which is true

Parkour started about 10,000 years ago when people needed to run and jump to hunt for their food.

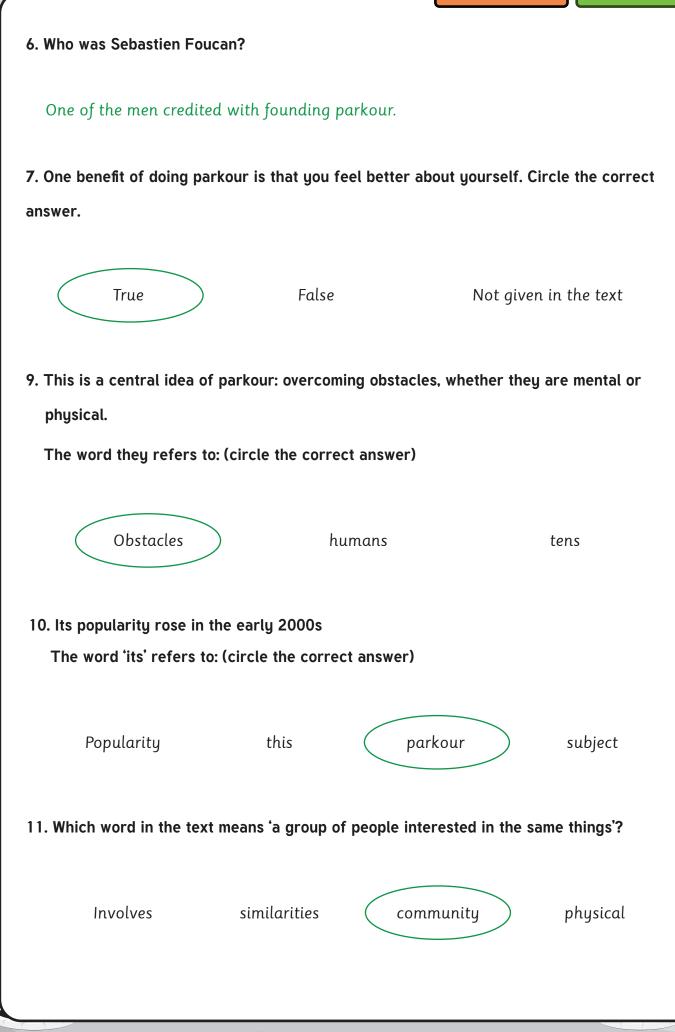
Parkour started because people needed to become better hunters.

Parkour and Kung-Fu are the same thing, because they both involve moving the body.

Parkour is similar to other human activities such as Kung-Fu.

5. What happened in the 1980s and 1990s?

The founders of parkour started to practice it.



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